

Give your loved ones a lasting gift: **Quit Tobacco For Life.**

Tobacco users are more likely to develop heart disease, and are at an increased risk for heart attacks and cancer.

Quitting tobacco can significantly decrease these risks.

When you partner with the Quit For Life® Program, we'll provide the knowledge, tools and support you need to quit for good.

Celebrate Heart Health Month by giving yourself the love you deserve. **Enroll today.**

1.888.275.1205 | select option 3
or visit **www.KansasHealthQuest.com**

The tobacco cessation program is provided at no cost to you and addresses all forms of tobacco.

Who is eligible to participate?

Benefits eligible state and non-state employees who are enrolled in the state employee health plan or who have waived coverage in the plan.

Retirees, spouses and dependents 18 years or older who enrolled in the state employee health plan.

